

# HERCULES SWIM CENTER LEARN TO SWIM PROGRAM

Swimmer's Name: \_\_\_\_\_

Instructor's Name: \_\_\_\_\_

Level swimmer should register for: \_\_\_\_\_

Date Completed: \_\_\_\_\_

## Level Six: Personal Water Safety

- Front crawl - 100 yards
- Elementary backstroke - 100 yards
- Back crawl - 50 yards
- Breaststroke - 50 yards
- Sidestroke - 50 yards
- Butterfly - 50 yards
- Front crawl open turn while swimming
- Backstroke open turn while swimming
- Front flip turn while swimming
- Backstroke flip turn while swimming
- Sidestroke open turn while swimming
- Butterfly turn while swimming
- Breaststroke turn while swimming
- Help position - 2 minutes in deep water
- Huddle position - 2 minutes in deep water
- Feetfirst surface dive (in water at 7 feet deep)
- Tuck surface dive (in water at least 7 feet deep)
- Pike surface dive (in water at least 7 feet deep)
- Back float - 5 minutes
- Survival float - 5 minutes
- Survival swimming - 10 minutes
- Tread water using legs only for 2 minutes - deep water
- Surface dive and retrieve an object from the bottom (in water 7 to 10 feet deep)
- Water Safety Skills
  - \* Think so you don't sink
  - \* Swim as a pair near a lifeguard's chair
  - \* Learn about boating before you go floating
  - \* Look before you leap
  - \* The danger of drains
  - \* The dangers of hyperventilation and extended breath-holding

JOIN OUR SWIM TEAMS:  
HERCULES EAST BAY SILVER  
DOLPHINS OR HERCULES PIRANHAS



American  
Red Cross



### Exit Skills:

- Swim 500 yards continuously using any 3 strokes, swimming at least 50 yards of each stroke
- Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes
- Perform a feetfirst surface dive, retrieve an object from the bottom of the pool at a depth of 7 to 10 feet, return to surface and then return to starting position

*Instructor's Notes:*



Parks  
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Life  
Better!

REGISTER ONLINE AT: [WWW.HERCULESREC.COM](http://WWW.HERCULESREC.COM) OR CALL: 799-8291